

# Storing expressed breast milk



## How long can breast milk be kept and where?

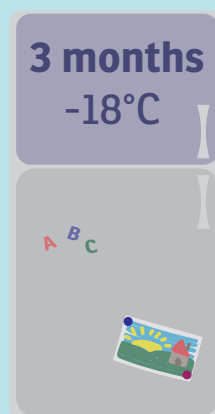
In the fridge for no more than **3 days**, up to **2 weeks** in the freezer section of a fridge, in a freezer with a separate door for up to **3 months** or in a deep freeze for up to **12 months**.



Fridge



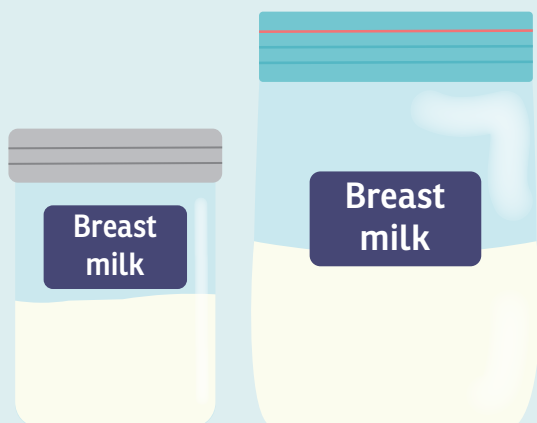
Freezer in fridge



Freezer



Deep freeze



## How do I store breast milk?

Breast milk can be stored in sterilised glass or plastic containers, including sealable plastic bags.

## Storing tips

- Breast milk kept in the fridge can be frozen after 2 days
- Write the date and time the milk was expressed
- Always use a sterilised container



## Reheating tips

- Defrost in the fridge, then use straight away
- Don't refreeze once thawed
- Warm the bottle of milk in warm water, not in the microwave